

ABSTRACT OF THE DISCLOSURE

A basketball training aid and method requires a player to jump to sufficient height to see a basket over a curtain, and to shoot over the curtain. The training aid comprises an easily adjustable stand for positioning the curtain. The curtain blocks the player's view of the basket. The aid is adjusted to an individual player to challenge the player to achieve a minimum height to see the basket and to shoot over the aid. The player must coordinate jumping, seeing the basket, and releasing the ball at the apex of the jump. As a result, muscle memory is developed thereby improving player performance.